

*Calling All
Friends,
Members &
Volunteers!*

Get Your Irish Up

We'd love to hear from
you with your great
ideas for new
programs and events!

What would you like
to see happening in
your community?

How can we help
organize an activity or
event that inspires
you?

We look forward to
your suggestions!

*Please Call Us
&
Share Today*

**A change of work is as
good as a rest.**

**May you live as long
as you want, and
never want as long as
you live.**

**A good laugh and a
long sleep are the best
cures in the
doctor's book.**

**There are good ships,
and there are wood
ships, the ships that
sail the sea.**



**As you slide down
the banister of life,
May the splinters
never point in the
wrong direction!**

Neighborhood Network is a paid Membership Program. You are invited to join us as a special guest for a few activities before signing up as a Member. Please contact us for information about our services and opportunities.

Call: 207-351-1828

Email: coordinator@neighborhoodnetwork.me

Visit our Website: www.neighborhoodnetwork.me

YORK HOUSING
A CREATIVE APPROACH TO AFFORDABLE LIVING

 **York Hospital**

\$5 Lunch-time Meals!!!

Offered at the Baldwin Café Monday-Friday

(excl. holidays)



Please call Sarah to sign up by 9:30am to order a meal for that day—207-351-1828

- Lunch is **\$5 per meal (age 62+; otherwise \$6)** and includes two entrée choices, a soda, dessert or fruit.
- You may pay by cash or check to “York Housing”
- The menu comes weekly from the hospital. You may request a menu to be sent by mail or email on Thurs for the upcoming week and you may call or submit your menu choices to the office at any time.
- **IMPORTANT:** If you have special dietary needs or issues (e.g., gluten free), you must call York Hospital Dining to inquire which choices are appropriate for you before you submit your choices to the office.

THANK YOU FOR PARTICIPATING!

Ongoing Programs for Members & Special Guests

Always call ahead to make sure an event is happening...207-351-1828

Mon-Fri (excl. holidays) at Baldwin Center, 117 Long Sands Rd. York
 - \$5 Lunch at Noon (**RSVP: 207-351-1828 by 9:30am to place your order**)

Mon—Mar 2, 9, 16, 23, 30 @
 Baldwin Center, 117 Long Sands Rd, York
 - Yoga at 9:30am (\$5 charge)
 - Mahjogg at 1pm

Last Tues—Mar 31 at Baldwin Center, 117 Long Sands Rd
 - Veterans' Coffee at 9:30am

Wed—Mar 4, 11, 18, 25 at Baldwin Center, 117 Long Sands Rd
 - Lunch BINGO at 12:30pm
 - Coloring Class-Pine Grove at 1pm
 - Warm Up America at 2pm (Yorkshire Commons, 161 York Street, York)

Thurs—Mar 5, 12, 19, 26 at Baldwin Center, 117 Long Sands Rd
 - Cribbage at 10am
 - Yoga at 2pm (\$5 charge)

Third Thurs—Mar 19 at Baldwin Center, 117 Long Sands Rd. York
 - Book Club at 1pm

Fri—Mar 6, 13, 20, 27
 - EUCHRE card game at 12:30 (Baldwin Center, 117 Long Sands Road, York)
 - BINGO at 2pm (Yorkshire Commons, 161 York Street, York)



Announcing the 2020 Women's History Theme

Valiant Women of the Vote

The National Women's History Alliance's 2020 theme celebrates the women who have fought for woman's right to vote in the United States. In recognition of the centennial of the 19th Amendment, we will honor women from the original suffrage movement as well as 20th and 21st century women who have continued the struggle (fighting against poll taxes, literacy tests, voter roll purges, and other more contemporary forms of voter suppression) to ensure voting rights for all.

March Neighborhood Network Calendar

FMI or to participate, please call us at 207-351-1828 or email coordinator@neighborhoodnetwork.me

Unless otherwise noted, all activities are free to members and special guests and take place at York Housing's Baldwin Center, 117 Long Sands Rd., York, Maine. The programs and events listed are benefits for our paying members. If you're not currently a member or volunteer and are interested in participating in these programs as a special guest, please give us a call. We'd love to talk to you about our organization.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	3 Office Closed for Conference	4 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	5 Cribbage 10am Yoga 2pm-\$5 donation	6 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
9 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	10	11 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	12 Cribbage 10am Yoga 2pm-\$5 donation	13 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
16 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	17	18 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	19 Cribbage 10am <i>Book Group 1pm</i> Yoga 2pm-\$5 donation	20 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
23 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	24	25 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	26 Cribbage 10am Yoga 2pm-\$5 donation	27 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
30 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	31 Veteran's Coffee 9:30 BC			

Continuing Our Special Offer for York Residents

**Associate Neighborhood Network Membership
\$10/month (3-mo min.) Call Sarah 207-351-1828!**

Associate members receive these benefits:

- 2 roundtrip rides/week (8 rides/month) anywhere within the Town of York and complimentary rides to York Housing events, if space available.
- Baldwin Café Lunch M-F (cost: \$5 for those 62 and older; \$6 others).
- Monthly calendar of social and educational activities at York Housing -- Including yoga, cribbage, mahjongg, book club, BINGO, Warm Up America knitters & crocheters group, Crafty Crafters, veterans coffee, fall-winter movies, seasonal holiday celebrations, and much more. (NOTE: most events are free, however, some will charge a small fee—\$5 or less/person.)

 **Neighborhood
NETWORK**
TRANSPORTATION



Live in York?
Need a Ride?
Call 207-351-1828

Book Club at Baldwin Center ALL ARE WELCOME!!!

Next Meeting: Thurs, Mar 19 @ 1pm

What are YOU reading? Come To Our Readers' Chat

*Bring any reading material or topic you wish to share,
discuss, or recommend to the group!*



FREE Chair YOGA at Baldwin Center — Now Twice a Week!!!

Monday Mornings: Waking Up with Leigh

@ 9:30AM — Mar 2, 9, 16, 23, 30

Thursday Afternoons: Seeking Serenity with Laura

@ 2PM — Mar 5, 12, 19, 26

Are you Game? Come Play with Us!

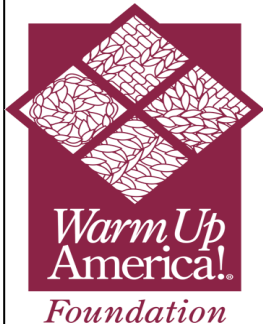
Mon Mahjonn @BC — 1pm on **Mon** Mar 2, 9, 16, 23, 30

Wed BINGO @BC — after lunch on **Wed** Mar 4, 11, 18, 25

Thurs Cribbage @BC — 10am on **Thurs** Mar 5, 12, 19, 26

Fri EUCHRE card game @BC — after lunch on **Fri** Mar 6, 13, 20, 27

Fri BINGO @YC — 2pm on **Fri** Mar 6, 13, 20, 27



Warm Up America Group!

Meets at Yorkshire
Commons **WED 1-3pm**
(Mar 4, 11, 18, 25)

FMI: Call Sandy
@ 207-361-4447

Adult Coloring Class

At York Housing's
Pine Grove
Community Room
Wednesdays at 1pm
(Mar 4, 11, 18, 25)



The month of March is a
sunshine pouring as
effervescent vanilla on through
the floral pageantry of
tangerine ever glowing-- sun-
kissed a golden yellow, and
dashes of the whispering rain
that spice a chilly earth to waft
springtime's minty aroma.